Indoors and outdoors, in planned activities and free play, children have adequate time to gain strength, flexibility, and endurance.

Children have opportunities to strengthen their muscles and nervous systems as they climb, jump, run, pedal, push and pull.

Teachers set up activities to encourage greater control of muscles, such as skipping, steering, catching, and throwing.

Music, environmental sounds, and conversations help children refine their ability to discriminate letter and word sounds.

Exposure to art materials, books, photos, and environmental print refine young children's visual skills for later reading.

Teachers provide multi-sensory experiences so children experience and compare tastes, smells, textures, sights and sounds.

Enhance Gross Motor Skills (large muscles) Enhance
Fine Motor
Skills
(small muscles)

Physical Development in Preschool

Use Senses in Learning

Integrate
Senses and
Movement
(perceptualmotor skills)

Children strengthen small muscles as they play, such as by squeezing playdough or clay, or stringing beads.

Teachers plan a sequence of activities that lead towards writing, such as cutting with scissors to strengthen pencil-grip.

Children refine their eye-hand coordination as they play with puzzles, button, pour milk, chop vegetables, and use writing tools.

Children practice spatial awareness – where their body is in relation to other people and objects – through games, obstacle courses, and toys such as blocks.

Teachers plan activities to enhance balance, moving in time to rhythm, and kicking or catching a ball at the right time.

Children have opportunities to observe and imitate movements, including remembering a sequence of steps.



